



### Participant ID

**Variable #** 1 **Usage Notes:** none  
**Sas Name:** ID **Categories:** Study: Administration  
**Sas Label:** Participant ID  
**Type:** Continuous

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### F147 Days since enrollment

**Variable #** 2 **Usage Notes:** none  
**Sas Name:** F147DAYS **Categories:** Study: Administration  
**Sas Label:** F147 Days since enrollment  
**Type:** Continuous

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### F147 Current weight lbs

What is your current weight?

**Variable #** 3 **Usage Notes:** none  
**Sas Name:** WTCUR\_7 **Categories:** Medical History: Height/Weight History  
**Sas Label:** Current weight lbs Physical Measurements: Height/Weight History  
**Type:** Continuous

---

### F147 Highest weight in past year (lbs)

In the past year, what was your highest weight?

**Variable #** 4 **Usage Notes:** none  
**Sas Name:** WTMAX\_7 **Categories:** Medical History: Height/Weight History  
**Sas Label:** Highest weight in past year (lbs) Physical Measurements: Height/Weight History  
**Type:** Continuous

---

### F147 Lowest weight in past year (lbs)

In the past year, what was your lowest weight?

**Variable #** 5 **Usage Notes:** none  
**Sas Name:** WTMIN\_7 **Categories:** Medical History: Height/Weight History  
**Sas Label:** Lowest weight in past year (lbs) Physical Measurements: Height/Weight History  
**Type:** Continuous

---



### F147 Walk more than 10 minutes

Think about the walking you do outside the home. How often do you walk outside the home for more than 10 minutes without stopping? (Mark only one.)

Variable # 6

Usage Notes: none

Sas Name: WALKSWK\_7

Categories: Physical Activity

Sas Label: Walk more than 10 minutes

Type: Categorical

#### Values

0	Rarely or never
1	1-3 times each month
2	1 time each week
3	2-3 times each week
4	4-6 times each week
5	7 or more times each week

### F147 How many minutes walking

When you walk outside the home for more than 10 minutes without stopping, for how many minutes do you usually walk?

Variable # 7

Usage Notes: Sub-question of F147 V1 Q4 "Walk more than 10 min".

Sas Name: MINSWALK\_7

Categories: Physical Activity

Sas Label: How many minutes walking

Type: Categorical

#### Values

1	Less than 20 minutes
2	20-39 minutes
3	40-59 minutes
4	1 hour or more

### F147 Usual walking speed

What is your usual speed?

Variable # 8

Usage Notes: Sub-question of F147 V1 Q4 "Walk more than 10 min".

Sas Name: WALKSPD\_7

Categories: Physical Activity

Sas Label: Usual walking speed

Type: Categorical

#### Values

2	Casual strolling or walking
3	Average or normal
4	Fairly fast
5	Very fast
9	Don't know



**F147 Strenuous exercise**

Not including walking outside the home, how often each week (7 days) do you usually do STRENUOUS OR VERY HARD EXERCISE (you work up a sweat and your heart beats fast)? For example, aerobics, aerobic dancing, jogging, tennis, swimming laps.

**Variable #** 9 **Usage Notes:** none  
**Sas Name:** HDEXFREQ\_7 **Categories:** Physical Activity  
**Sas Label:** Strenuous exercise  
**Type:** Categorical

**Values**

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week

**F147 Strenuous/how long**

How long do usually exercise like this at one time?

**Variable #** 10 **Usage Notes:** Sub-question of F147 V1 Q5 "Strenuous exercise".  
**Sas Name:** HARDMINS\_7 **Categories:** Physical Activity  
**Sas Label:** Strenuous/how long  
**Type:** Categorical

**Values**

1	Less than 20 minutes
2	20-39 minutes
3	40-59 minutes
4	1 hour or more

**F147 Moderate exercise**

Not including walking outside the home, how often each week (7 days) do you usually do MODERATE EXERCISE (Not exhausting). For example, biking outdoors, use of an exercise machine (like a stationary bike or treadmill), calisthenics, easy swimming, popular and folk dancing.

**Variable #** 11 **Usage Notes:** none  
**Sas Name:** MDEXFREQ\_7 **Categories:** Physical Activity  
**Sas Label:** Moderate exercise  
**Type:** Categorical

**Values**

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week



**F147 Moderate/ how long**

How long do usually exercise like this at one time?

Variable # 12

Usage Notes: Sub-question of F147 V1 Q6 "Moderate exercise".

Sas Name: MODMINS\_7

Categories: Physical Activity

Sas Label: Moderate/ how long

Type: Categorical

**Values**

1	Less than 20 minutes
2	20-39 minutes
3	40-59 minutes
4	1 hour or more

**F147 Mild exercise**

Not including walking outside the home, how often each week (7 days) do you usually do MILD EXERCISE. For example, slow dancing, bowling, golf.

Variable # 13

Usage Notes: none

Sas Name: MLEXFREQ\_7

Categories: Physical Activity

Sas Label: Mild exercise

Type: Categorical

**Values**

0	None
1	1 day per week
2	2 days per week
3	3 days per week
4	4 days per week
5	5 or more days per week

**F147 Mild /how long**

How long do usually exercise like this at one time?

Variable # 14

Usage Notes: Sub-question of F147 V1 Q7 "Mild exercise".

Sas Name: MILDMINS\_7

Categories: Physical Activity

Sas Label: Mild /how long

Type: Categorical

**Values**

1	Less than 20 minutes
2	20-39 minutes
3	40-59 minutes
4	1 hour or more



**F147 Smoke cigarettes now**

Do you smoke cigarettes now?

Variable # 15

Usage Notes: none

Sas Name: SMOKENW\_7

Categories: Lifestyle: Smoking

Sas Label: Smoke cigarettes now

Type: Categorical

**Values**

0	No
1	Yes

**F147 How many cigarette per day**

How many cigarettes do you usually smoke each day? (Mark one.)

Variable # 16

Usage Notes: Sub-question of F147 V1 Q8 "Smoke cigarettes now".

Sas Name: CIGSDAY\_7

Categories: Lifestyle: Smoking

Sas Label: How many cigarette per day

Type: Categorical

**Values**

1	Less than 5
2	5-14
3	15-24
4	25-34
5	35-44
6	45 or more

**F147 Meridia (Sibutramine)**

Meridia (Sibutramine)

Variable # 17

Usage Notes: none

Sas Name: WTLMERID\_7

Categories: Medical History: Medications

Sas Label: Meridia (Sibutramine)

Type: Categorical

**Values**

0	No
1	Yes

**F147 Xenical (Orlistat)**

Xenical (Orlistat)

Variable # 18

Usage Notes: none

Sas Name: WTLXENCL\_7

Categories: Medical History: Medications

Sas Label: Xenical (Orlistat)

Type: Categorical

**Values**

0	No
1	Yes



**F147 Phentermine (Fastin)**

Phentermine (Fastin)

**Variable #** 19      **Usage Notes:** none  
**Sas Name:** WTLPHENT\_7      **Categories:** Medical History: Medications  
**Sas Label:** Phentermine (Fastin)  
**Type:** Categorical

**Values**

0	No
1	Yes

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**F147 Other prescription weight loss meds**

Other prescription weight loss medication

**Variable #** 20      **Usage Notes:** none  
**Sas Name:** WTLOTHER\_7      **Categories:** Medical History: Medications  
**Sas Label:** Other prescription weight loss meds  
**Type:** Categorical

**Values**

0	No
1	Yes

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**F147 Natural hormones in past year**

In the past year, did you use any "natural" hormones that you can get without a doctor's prescription? These are usually made from plants and often obtained from health food stores or by mail order. They may be in the form of a pill, vaginal cream or suppository, skin cream or soy-enriched foods.

**Variable #** 21      **Usage Notes:** none  
**Sas Name:** NATHOR\_7      **Categories:** Medical History: Reproductive  
**Sas Label:** Natural hormones in past year      Reproductive: Hormones  
**Type:** Categorical

**Values**

0	No
1	Yes
9	Don't know

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**F147 Natural/wild yam cream**

Wild yam cream

**Variable #** 22      **Usage Notes:** Sub-question of F147 V1 Q10 "Natural hormones in past year".  
**Sas Name:** YAMCRM\_7      **Categories:** Medical History: Reproductive  
**Sas Label:** Natural/wild yam cream      Reproductive: Hormones  
**Type:** Categorical

**Values**

0	No
1	Yes

---



**F147 Natural/Wild yam pills**

Wild yam pills

**Variable #** 23      **Usage Notes:** Sub-question of F147 V1 Q10 "Natural hormones in past year".  
**Sas Name:** YAMPLS\_7      **Categories:** Medical History: Reproductive  
**Sas Label:** Natural/Wild yam pills      Reproductive: Hormones  
**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Natural/Progesterone cream**

Progesterone cream

**Variable #** 24      **Usage Notes:** Sub-question of F147 V1 Q10 "Natural hormones in past year".  
**Sas Name:** PRGCRM\_7      **Categories:** Medical History: Reproductive  
**Sas Label:** Natural/Progesterone cream      Reproductive: Hormones  
**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Natural/Progest suppositories**

Progesterone suppositories

**Variable #** 25      **Usage Notes:** Sub-question of F147 V1 Q10 "Natural hormones in past year".  
**Sas Name:** PRGSUP\_7      **Categories:** Medical History: Reproductive  
**Sas Label:** Natural/Progest suppositories      Reproductive: Hormones  
**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Natural/DHEA pills**

DHEA (dehydroepiandrosterone pills)

**Variable #** 26      **Usage Notes:** Sub-question of F147 V1 Q10 "Natural hormones in past year".  
**Sas Name:** DHEAPL\_7      **Categories:** Medical History: Reproductive  
**Sas Label:** Natural/DHEA pills      Reproductive: Hormones  
**Type:** Categorical

**Values**

0	No
1	Yes

---



**F147 Natural/Phytoest pills/powder**

Phytoestrogen pills or powder (soy or flax)

**Variable #** 27

**Usage Notes:** Sub-question of F147 V1 Q10 "Natural hormones in past year".

**Sas Name:** PHYPLS\_7

**Categories:** Medical History: Reproductive  
 Reproductive: Hormones

**Sas Label:** Natural/Phytoest pills/powder

**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Natural/Phytoestrogen creams**

Phytoestrogen creams (soy or flax)

**Variable #** 28

**Usage Notes:** Sub-question of F147 V1 Q10 "Natural hormones in past year".

**Sas Name:** PHYCRM\_7

**Categories:** Medical History: Reproductive  
 Reproductive: Hormones

**Sas Label:** Natural/Phytoestrogen creams

**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Natural/Phytoestrogen foods**

Phytoestrogen enriched foods (tofu, soybeans)

**Variable #** 29

**Usage Notes:** Sub-question of F147 V1 Q10 "Natural hormones in past year".

**Sas Name:** PHYFDS\_7

**Categories:** Medical History: Reproductive  
 Reproductive: Hormones

**Sas Label:** Natural/Phytoestrogen foods

**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Natural/Other**

Other (Specify)

**Variable #** 30

**Usage Notes:** Sub-question of F147 V1 Q10 "Natural hormones in past year".

**Sas Name:** NTOTHR\_7

**Categories:** Medical History: Reproductive  
 Reproductive: Hormones

**Sas Label:** Natural/Other

**Type:** Categorical

**Values**

0	No
1	Yes

---



**F147 Natural/Don't know**

Don't know

**Variable #** 31      **Usage Notes:** Sub-question of F147 V1 Q10 "Natural hormones in past year".  
**Sas Name:** NTDNTK\_7      **Categories:** Medical History: Reproductive  
**Sas Label:** Natural/Don't know      Reproductive: Hormones  
**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Use non-estrogen prescription?**

In the past year, did you use any non-estrogen prescription treatments for hormone replacement? These may be prescribed to prevent osteoporosis and breast cancer and are sometimes called "designer estrogens" or selective estrogen receptor modulators (SERMs). Examples are Evista (Raloxifene) and Nolvadex (Tamoxifen).

**Variable #** 32      **Usage Notes:** none  
**Sas Name:** SRM\_7      **Categories:** Medical History: Medications  
**Sas Label:** Use non-estrogen prescription?  
**Type:** Categorical

**Values**

0	No
1	Yes
9	Don't know

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**F147 Evista (Raloxifene)**

Evista (Raloxifene)

**Variable #** 33      **Usage Notes:** Sub-question of F147 V1 Q11 "Use non-estrogen prescription?".  
**Sas Name:** SRMEVST\_7      **Categories:** Medical History: Medications  
**Sas Label:** Evista (Raloxifene)  
**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Nolvadex (Tamoxifen)**

Nolvadex (Tamoxifen)

**Variable #** 34      **Usage Notes:** Sub-question of F147 V1 Q11 "Use non-estrogen prescription?".  
**Sas Name:** SRMNOLU\_7      **Categories:** Medical History: Medications  
**Sas Label:** Nolvadex (Tamoxifen)  
**Type:** Categorical

**Values**

0	No
1	Yes

---



### F147 Other/ non-estrogen

Other (Specify)

Variable # 35

Usage Notes: Sub-question of F147 V1 Q11 "Use non-estrogen prescription?".

Sas Name: SRMOTHR\_7

Categories: Medical History: Medications

Sas Label: Other/ non-estrogen

Type: Categorical

#### Values

0 No

1 Yes

### F147 Don't know/non-estrogen

Don't know

Variable # 36

Usage Notes: Sub-question of F147 V1 Q11 "Use non-estrogen prescription?".

Sas Name: SRMDNTK\_7

Categories: Medical History: Medications

Sas Label: Don't know/non-estrogen

Type: Categorical

#### Values

0 No

1 Yes

### F147 Used female hormones/past year

In the past year, did you use any female hormones (ESTROGEN or PROGESTERONE [also called PROGESTIN] that were prescribed by a doctor? (This may have been in the form of a pill, skin patch, shots, or vaginal cream or suppository.)

Variable # 37

Usage Notes: none

Sas Name: HRPST1YR\_7

Categories: Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

Sas Label: Used female hormones/past year

Type: Categorical

#### Values

0 No

1 Yes

9 Don't know

### F147 Comb estr/progest pills/patch

In the past year, did you use female hormone PILLS or PATCHES prescribed by a doctor which contained both ESTROGEN and progestin (PROGESTERONE) COMBINED in the same pill, patch, or package (for example, Prempro, Premphase)? (Do not include use of two separate estrogen and progestin pills used at the same time.)

Variable # 38

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".

Sas Name: EPPLPA\_7

Categories: Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

Sas Label: Comb estr/progest pills/patch

Type: Categorical

#### Values

0 No

1 Yes

9 Don't know



### F147 Months comb estr/progesterone

In the past year, how many months did you use COMBINED female hormone PILLS or PATCH which contained both ESTROGEN and PROGESTIN?

**Variable #** 39

**Sas Name:** EPDUR\_7

**Sas Label:** Months comb estr/progesterone

**Type:** Categorical

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".

Sub-question of F147 V1 Q13 "Comb estr/progest pills/patch".

**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

### F147 Which estr/progest combination

Which combination did you use the longest?

**Variable #** 40

**Sas Name:** EPTYPE\_7

**Sas Label:** Which estr/progest combination

**Type:** Categorical

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".

Sub-question of F147 V1 Q13 "Comb estr/progest pills/patch".

**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

**Values**

1	Prempro
2	CombiPatch
3	Premphase
8	Other (Specify):

### F147 Combined estr/testost pills

In the past year, did you use female hormone PILLS prescribed by a doctor which contained both ESTROGEN and TESTOSTERONE COMBINED in the same pill (for example, Estratest)?

**Variable #** 41

**Sas Name:** ETPL\_7

**Sas Label:** Combined estr/testost pills

**Type:** Categorical

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".

**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

**Values**

0	No
1	Yes
9	Don't know



### F147 Months used estr/testost pills

In the past year, how many months did you use COMBINED female hormone PILLS which contained both ESTROGEN and TESTOSTERONE?

Variable # 42

Sas Name: ETDUR\_7

Sas Label: Months used estr/testost pills

Type: Categorical

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".  
Sub-question of F147 V1 Q14 "Combined estr/testost pills".

Categories: Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

Values

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

### F147 Estr/testost pill used longest

In the past year, what type of COMBINED ESTROGEN and TESTOSTERONE pill did you use the longest?

Variable # 43

Sas Name: ETTYPE\_7

Sas Label: Estr/testost pill used longest

Type: Categorical

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".  
Sub-question of F147 V1 Q14 "Combined estr/testost pills".

Categories: Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

Values

1	Estratest
2	Estratest HS
8	Other (Specify):
9	Don't know

### F147 Estrogen pill,patch,cream,shot

In the past year, did you use any ESTROGEN pill, patch, cream or shots (other than the combination described in Qxs 13 and 14)?

Variable # 44

Sas Name: E\_7

Sas Label: Estrogen pill,patch,cream,shot

Type: Categorical

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".

Categories: Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

Values

0	No
1	Yes
9	Don't know

### F147 Did you use any Estrogen pill

Did you use an estrogen pill?

Variable # 45

Sas Name: EPL\_7

Sas Label: Did you use any Estrogen pill

Type: Categorical

Usage Notes: Sub-question of F147 V1 Q12 "Used female hormones/past year".  
Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".

Categories: Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

Values

0	No
1	Yes



### F147 Months used estrogen pills

For how many months did you use the Estrogen pills?

**Variable #** 46

**Sas Name:** EPLDUR\_7

**Sas Label:** Months used estrogen pills

**Type:** Categorical

**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".

Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".  
Sub-question of F147 V1 Q15.1 "Did you use any Estrogen pill".

**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

### F147 Kind of estrogen pills

What kind did you take? (Mark the one used the longest if you used more than one kind.)

**Variable #** 47

**Sas Name:** EPLTYPE\_7

**Sas Label:** Kind of estrogen pills

**Type:** Categorical

**Values**

1	Premarin or conjugated equine estrogens
2	Estrace or estradiol
3	Ogen or estropipate
4	Estratab or esterified estrogens
8	Other (Specify):
9	Don't know

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".

Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".  
Sub-question of F147 V1 Q15.1 "Did you use any Estrogen pill".

**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

### F147 Did you use an estrogen patch?

Did you use an estrogen patch?

**Variable #** 48

**Sas Name:** EPCH\_7

**Sas Label:** Did you use an estrogen patch?

**Type:** Categorical

**Values**

0	No
1	Yes

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".

Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".  
On forms 143-145 this variable reflects estrogen use with or without progesterone.

**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones



WHI Follow-Up Dataset  
**Form 147 - OS Questionnaire Year 7**

**Data File:** f147\_av7\_os\_pub      **File Date:** 07/26/2007      **Structure:** One row per participant      **Population:** OS participants

**F147 How many months used patch?**

For how many months did you use the patch?

**Variable #** 49

**Sas Name:** EPCHDUR\_7

**Sas Label:** How many months used patch?

**Type:** Categorical

**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".  
 Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".  
 Sub-question of F147 V1 Q15.4 "Did you use an estrogen patch?".

**Categories:** Medical History: Medications  
 Medical History: Reproductive  
 Reproductive: Hormones

**F147 Did you use an estrogen cream?**

Did you use an estrogen cream?

**Variable #** 50

**Sas Name:** ECRM\_7

**Sas Label:** Did you use an estrogen cream?

**Type:** Categorical

**Values**

0	No
1	Yes

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".  
 Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".

**Categories:** Medical History: Medications  
 Medical History: Reproductive  
 Reproductive: Hormones

**F147 How many months used cream?**

For how many months did you use the cream?

**Variable #** 51

**Sas Name:** ECRMDUR\_7

**Sas Label:** How many months used cream?

**Type:** Categorical

**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".  
 Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".  
 Sub-question of F147 V1 Q15.6 "Did you use an estrogen cream?".

**Categories:** Medical History: Medications  
 Medical History: Reproductive  
 Reproductive: Hormones

**F147 Estrogen shots**

Did you have estrogen shots?

**Variable #** 52

**Sas Name:** ESHT\_7

**Sas Label:** Estrogen shots

**Type:** Categorical

**Values**

0	No
1	Yes

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".  
 Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".

**Categories:** Medical History: Medications  
 Medical History: Reproductive  
 Reproductive: Hormones



### F147 Months took estrogen shots

For how many months did you have the shots?

Variable # 53

Sas Name: ESHTDUR\_7

Sas Label: Months took estrogen shots

Type: Categorical

#### Values

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".  
Sub-question of F147 V1 Q15 "Estrogen pill,patch,cream,shot".  
Sub-question of F147 V1 Q15.8 "Estrogen shots".

**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

### F147 Progesterone pill, cream shot

In the past year, did you use any PROGESTERONE or PROGESTIN pill, cream, or shots (other than the combinations described in Question 13)?

Variable # 54

Sas Name: P\_7

Sas Label: Progesterone pill, cream shot

Type: Categorical

#### Values

0	No
1	Yes
9	Don't know

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".

**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

### F147 Progesterone pill or capsule

Did you use a progesterone or progestin pill or capsule?

Variable # 55

Sas Name: PPL\_7

Sas Label: Progesterone pill or capsule

Type: Categorical

#### Values

0	No
1	Yes

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".  
Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".

**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones

### F147 Months progesterone pill/ caps

For how many months did you use the pill or capsule?

Variable # 56

Sas Name: PPLDUR\_7

Sas Label: Months progesterone pill/ caps

Type: Categorical

#### Values

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".  
Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".  
Sub-question of F147 V1 Q16.1 "Progesterone pill or capsule".

**Categories:** Medical History: Medications  
Medical History: Reproductive  
Reproductive: Hormones



**F147 Kind of progesterone**

What kind of did you take (Mark the one used the longest if you used more than one kind)?

**Variable #** 57  
**Sas Name:** PPLTYPE\_7  
**Sas Label:** Kind of progesterone  
**Type:** Categorical

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".  
 Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".  
 Sub-question of F147 V1 Q16.1 "Progesterone pill or capsule".  
**Categories:** Medical History: Medications  
 Medical History: Reproductive  
 Reproductive: Hormones

**Values**

1	Provera,Cycrin,Amen,Medroxyprogestrone
3	Prometrium
8	Other (Specify):
9	Don't know

**F147 Progest pills days per month**

How many days per month did you use it?

**Variable #** 58  
**Sas Name:** PPLDAY\_7  
**Sas Label:** Progest pills days per month  
**Type:** Categorical

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".  
 Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".  
 Sub-question of F147 V1 Q16.1 "Progesterone pill or capsule".  
**Categories:** Medical History: Medications  
 Medical History: Reproductive  
 Reproductive: Hormones

**Values**

1	Less than 1 day
2	1-9 days
3	10-12 days
4	13-18 days
5	19-27 days
6	28 or more days

**F147 Progesterone/Progestin cream**

Did you use a progesterone or progestin cream?

**Variable #** 59  
**Sas Name:** PCRM\_7  
**Sas Label:** Progesterone/Progestin cream  
**Type:** Categorical

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".  
 Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".  
**Categories:** Medical History: Medications  
 Medical History: Reproductive  
 Reproductive: Hormones

**Values**

0	No
1	Yes



**F147 Months used progesterone cream**

For how many months did you use progesterone or progestin cream?

**Variable #** 60  
**Sas Name:** PCRMDUR\_7  
**Sas Label:** Months used progesterone cream  
**Type:** Categorical

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".  
 Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".  
 Sub-question of F147 V1 Q16.5 "Progesterone/Progestin cream".  
**Categories:** Medical History: Medications  
 Medical History: Reproductive  
 Reproductive: Hormones

**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

**F147 Have progesterone shots**

Did you have progesterone or progestin shots?

**Variable #** 61  
**Sas Name:** PSHT\_7  
**Sas Label:** Have progesterone shots  
**Type:** Categorical

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".  
 Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".  
**Categories:** Medical History: Medications  
 Medical History: Reproductive  
 Reproductive: Hormones

**Values**

0	No
1	Yes

**F147 Months used progesterone shots**

For how many months did you have progesterone or progestin shots

**Variable #** 62  
**Sas Name:** PSHTDUR\_7  
**Sas Label:** Months used progesterone shots  
**Type:** Categorical

**Usage Notes:** Sub-question of F147 V1 Q12 "Used female hormones/past year".  
 Sub-question of F147 V1 Q16 "Progesterone pill, cream shot".  
 Sub-question of F147 V1 Q16.7 "Have progesterone shots".  
**Categories:** Medical History: Medications  
 Medical History: Reproductive  
 Reproductive: Hormones

**Values**

1	Less than 1 month
2	1-6 months
3	7-10 months
4	11-12 months

**F147 Cataract(s)**

Cataract(s)

**Variable #** 63  
**Sas Name:** CATARACT\_7  
**Sas Label:** Cataract(s)  
**Type:** Categorical

**Usage Notes:** none  
**Categories:** Medical History: Other Disease/Condition

**Values**

0	No
1	Yes



### F147 Macular degeneration of retina

Macular degeneration of the retina

**Variable #** 64      **Usage Notes:** none  
**Sas Name:** MACDEGNR\_7      **Categories:** Medical History: Other Disease/Condition  
**Sas Label:** Macular degeneration of retina  
**Type:** Categorical

**Values**

0	No
1	Yes

### F147 Asthma

Asthma

**Variable #** 65      **Usage Notes:** none  
**Sas Name:** ASTHMA\_7      **Categories:** Medical History: Other Disease/Condition  
**Sas Label:** Asthma  
**Type:** Categorical

**Values**

0	No
1	Yes

### F147 Emphysema / chronic bronchitis

Emphysema or chronic bronchitis

**Variable #** 66      **Usage Notes:** none  
**Sas Name:** EMPHYSEM\_7      **Categories:** Medical History: Other Disease/Condition  
**Sas Label:** Emphysema / chronic bronchitis  
**Type:** Categorical

**Values**

0	No
1	Yes

### F147 Heart Failure

Heart failure or congestive heart failure

**Variable #** 67      **Usage Notes:** none  
**Sas Name:** CHF\_7      **Categories:** Medical History: Cardiovascular  
**Sas Label:** Heart Failure  
**Type:** Categorical

**Values**

0	No
1	Yes



WHI Follow-Up Dataset  
Form 147 - OS Questionnaire Year 7

Data File: f147\_av7\_os\_pub      File Date: 07/26/2007      Structure: One row per participant      Population: OS participants

---

### F147 Angina

Angina (chest pains from the heart)

**Variable #** 68      **Usage Notes:** none  
**Sas Name:** ANGINA\_7      **Categories:** Medical History: Cardiovascular  
**Sas Label:** Angina  
**Type:** Categorical

**Values**

---

0	No
1	Yes

---

### F147 Atrial fibrillation

Atrial fibrillation

**Variable #** 69      **Usage Notes:** none  
**Sas Name:** ATRIALFB\_7      **Categories:** Medical History: Cardiovascular  
**Sas Label:** Atrial fibrillation  
**Type:** Categorical

**Values**

---

0	No
1	Yes

---

### F147 Kidney or bladder stones

Kidney or bladder stones (renal or urinary calculi)

**Variable #** 70      **Usage Notes:** none  
**Sas Name:** KIDNEYST\_7      **Categories:** Medical History: Other Disease/Condition  
**Sas Label:** Kidney or bladder stones  
**Type:** Categorical

**Values**

---

0	No
1	Yes

---

### F147 Dialysis for kidney failure

Dialysis for kidney or renal failure

**Variable #** 71      **Usage Notes:** none  
**Sas Name:** KIDDIALY\_7      **Categories:** Medical History: Other Disease/Condition  
**Sas Label:** Dialysis for kidney failure  
**Type:** Categorical

**Values**

---

0	No
1	Yes

---



**F147 Stomach or duodenal ulcer**

Stomach or duodenal ulcer

**Variable #** 72      **Usage Notes:** none  
**Sas Name:** STOMULCR\_7      **Categories:** Medical History: Other Disease/Condition  
**Sas Label:** Stomach or duodenal ulcer  
**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Diverticulitis**

Diverticulitis

**Variable #** 73      **Usage Notes:** none  
**Sas Name:** DIVERTIC\_7      **Categories:** Medical History: Other Disease/Condition  
**Sas Label:** Diverticulitis  
**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Pancreatitis**

Pancreatitis (inflamed pancreas)

**Variable #** 74      **Usage Notes:** none  
**Sas Name:** PANCREAT\_7      **Categories:** Medical History: Other Disease/Condition  
**Sas Label:** Pancreatitis  
**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Liver disease**

Liver disease (chronic active hepatitis, cirrhosis, or yellow jaundice)

**Variable #** 75      **Usage Notes:** none  
**Sas Name:** LIVRDIS\_7      **Categories:** Medical History: Other Disease/Condition  
**Sas Label:** Liver disease  
**Type:** Categorical

**Values**

0	No
1	Yes

---



**F147 Overactive thyroid**

Overactive thyroid

**Variable #** 76      **Usage Notes:** none  
**Sas Name:** OVRTHY\_7      **Categories:** Medical History: Thyroid  
**Sas Label:** Overactive thyroid  
**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Underactive thyroid**

Underactive thyroid

**Variable #** 77      **Usage Notes:** none  
**Sas Name:** UNDTHY\_7      **Categories:** Medical History: Thyroid  
**Sas Label:** Underactive thyroid  
**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Alzheimer's disease**

Alzheimer's disease

**Variable #** 78      **Usage Notes:** none  
**Sas Name:** ALZHEIM\_7      **Categories:** Medical History: Other Disease/Condition  
**Sas Label:** Alzheimer's disease  
**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Multiple sclerosis**

Multiple sclerosis

**Variable #** 79      **Usage Notes:** none  
**Sas Name:** MS\_7      **Categories:** Medical History: Other Disease/Condition  
**Sas Label:** Multiple sclerosis  
**Type:** Categorical

**Values**

0	No
1	Yes

---



**F147 Parkinson's disease**

Parkinson's disease

**Variable #** 80      **Usage Notes:** none  
**Sas Name:** PARKINS\_7      **Categories:** Medical History: Other Disease/Condition  
**Sas Label:** Parkinson's disease  
**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 ALS/Lou gehrig's disease**

Amyotrophic Lateral Sclerosis (ALS, motor neuron disease, or Lou Gehrig's disease)

**Variable #** 81      **Usage Notes:** none  
**Sas Name:** ALS\_7      **Categories:** Medical History: Other Disease/Condition  
**Sas Label:** ALS/Lou gehrig's disease  
**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Ever diagnosed with breast cancer**

Have you ever been diagnosed with breast cancer?

**Variable #** 82      **Usage Notes:** none  
**Sas Name:** BRCA\_7      **Categories:** Medical History: Breast  
**Sas Label:** Ever diagnosed with breast cancer  
**Type:** Categorical

**Values**

0	No
1	Yes
9	Don't know

---



**F147 Age decade at breast cancer diagnosis**

At what age were you diagnosed?

**Variable #** 83

**Usage Notes:** Sub-question of F147 V1 Q18 "Ever diagnosed w/breast cancer".

**Sas Name:** BRCAAGE\_7

**Categories:** Medical History: Breast

**Sas Label:** Age decade at breast cancer diagnosis

**Type:** Categorical

**Values**

0	1 to 9 years of age
10	10 to 19 years of age
20	20 to 29 years of age
30	30 to 39 years of age
40	40 to 49 years of age
50	50 to 59 years of age
60	60 to 69 years of age
70	70 to 79 years of age
80	80 to 89 years of age
90	90 to 99 years of age

---

**F147 Spouse/partner die**

Did your spouse or partner die?

**Variable #** 84

**Usage Notes:** none

**Sas Name:** SPOUSDIE\_7

**Categories:** Psychosocial/Behavioral

**Sas Label:** Spouse/partner die

**Type:** Categorical

**Values**

0	No
1	Not too much
2	Moderate/Medium
3	Very much

---

**F147 Spouse/partner ill**

Did your spouse or partner have a serious illness?

**Variable #** 85

**Usage Notes:** none

**Sas Name:** SPOUSILL\_7

**Categories:** Psychosocial/Behavioral

**Sas Label:** Spouse/partner ill

**Type:** Categorical

**Values**

0	No
1	Not too much
2	Moderate/Medium
3	Very much

---



### F147 Close friend/family die

Did a close friend or family member die or have a serious illness (other than your spouse or partner)?

Variable # 86

Usage Notes: none

Sas Name: FRIENDIE\_7

Categories: Psychosocial/Behavioral

Sas Label: Close friend/family die

Type: Categorical

#### Values

0	No
1	Not too much
2	Moderate/Medium
3	Very much

### F147 Money problems

Did you have any major problems with money?

Variable # 87

Usage Notes: none

Sas Name: MONPROB\_7

Categories: Psychosocial/Behavioral

Sas Label: Money problems

Type: Categorical

#### Values

0	No
1	Not too much
2	Moderate/Medium
3	Very much

### F147 Divorce/break-up

Did you have a divorce or break-up with a spouse or partner?

Variable # 88

Usage Notes: none

Sas Name: DIVORCE\_7

Categories: Psychosocial/Behavioral

Sas Label: Divorce/break-up

Type: Categorical

#### Values

0	No
1	Not too much
2	Moderate/Medium
3	Very much



**F147 Close friend/family divorce**

Did a family member or close friend have a divorce or break-up?

Variable # 89

Usage Notes: none

Sas Name: FRNDIV\_7

Categories: Psychosocial/Behavioral

Sas Label: Close friend/family divorce

Type: Categorical

**Values**

0	No
1	Not too much
2	Moderate/Medium
3	Very much

**F147 Conflict with children**

Did you have a major conflict with children or grandchildren?

Variable # 90

Usage Notes: none

Sas Name: CHILCON\_7

Categories: Psychosocial/Behavioral

Sas Label: Conflict with children

Type: Categorical

**Values**

0	No
1	Not too much
2	Moderate/Medium
3	Very much

**F147 Accident, disaster, etc.**

Do you have any major accident, disasters, muggings, unwanted sexual experiences, robberies, or similar events?

Variable # 91

Usage Notes: none

Sas Name: MAJACC\_7

Categories: Psychosocial/Behavioral

Sas Label: Accident, disaster, etc.

Type: Categorical

**Values**

0	No
1	Not too much
2	Moderate/Medium
3	Very much



**F147 Friend or family lose job/retire**

Did you or a family member or close friend lose their job or retire?

Variable # 92

Usage Notes: none

Sas Name: FRNJOB\_7

Categories: Psychosocial/Behavioral

Sas Label: Friend/family lose job/retire

Type: Categorical

**Values**

0	No
1	Not too much
2	Moderate/Medium
3	Very much

**F147 Physically abused**

Were you physically abused by being hit, slapped, pushed, shoved, punched, or threatened with a weapon by a family member or close friend?

Variable # 93

Usage Notes: none

Sas Name: PHYAB\_7

Categories: Psychosocial/Behavioral

Sas Label: Physically abused

Type: Categorical

**Values**

0	No
1	Not too much
2	Moderate/Medium
3	Very much

**F147 Verbally abused**

Were you verbally abused by being made fun of, severely criticized, told you were a stupid or worthless person, or threatened with harm to yourself, you possessions, or your pets, by a family member or close friend?

Variable # 94

Usage Notes: none

Sas Name: VERBAB\_7

Categories: Psychosocial/Behavioral

Sas Label: Verbally abused

Type: Categorical

**Values**

0	No
1	Not too much
2	Moderate/Medium
3	Very much



### F147 Pet die

Did a pet die?

Variable # 95

Usage Notes: none

Sas Name: PETDIE\_7

Categories: Psychosocial/Behavioral

Sas Label: Pet die

Type: Categorical

#### Values

0	No
1	Not too much
2	Moderate/Medium
3	Very much

### F147 Helping sick/frail family

Are you now helping at least one sick, limited, or frail family member or friend on a regular basis?

Variable # 96

Usage Notes: none

Sas Name: HLPSICK\_7

Categories: Psychosocial/Behavioral

Sas Label: Helping sick/frail family

Type: Categorical

#### Values

0	No
1	Yes

### F147 How often helped friend/family

In the past 4 weeks, how often have you helped this friend or family member?

Variable # 97

Usage Notes: Sub-question of F147 V1 Q20 "Helping sick/frail family".

Sas Name: HLPSICKT\_7

Categories: Psychosocial/Behavioral

Sas Label: How often helped friend/family

Type: Categorical

#### Values

1	Less than once a week
2	1-2 times a week
3	3-4 times a week
4	5 or more times a week

### F147 Mother born in US

Was your mother born in the United States or outside of the United States?

Variable # 98

Usage Notes: none

Sas Name: MOMUSBRN\_7

Categories: Family

Sas Label: Mother born in US

Type: Categorical

#### Values

1	In the US
2	Outside the US



**F147 Mother US birth region**

What region?

**Variable #** 99  
**Sas Name:** MOMUSREG\_7  
**Sas Label:** Mother US birth region  
**Type:** Categorical

**Usage Notes:** Sub-question of F147 V1 Q21 "Mother born in US" (skip pattern rule not applied).  
**Categories:** Family

**Values**

1	Northeast
2	South
3	Midwest
4	West

---

**F147 Mother international birth region**

Which area?

**Variable #** 100  
**Sas Name:** MOMWORLD\_7  
**Sas Label:** Mother international birth region  
**Type:** Categorical

**Usage Notes:** Sub-question of F147 V1 Q21.1 "US birth region" (skip pattern rule not applied).  
**Categories:** Family

**Values**

1	Canada
2	Europe
3	Eastern Europe
4	Mid East/N. Africa
5	Africa (not N. Africa)
6	Caribbean/W. Indies
7	Mexico
8	Central/South America
9	Cuba
10	Puerto Rico
11	China
12	Japan
13	SE Asia
14	Australia/Oceania
88	Other

---

**F147 Biological mother**

Was this your biological (birth) mother?

**Variable #** 101  
**Sas Name:** BIRTHMOM\_7  
**Sas Label:** Biological mother  
**Type:** Categorical

**Usage Notes:** none  
**Categories:** Family

**Values**

0	No
1	Yes

---



**F147 Father born in US**

Was your father born in the United States or outside of the United States?

Variable # 102

Usage Notes: none

Sas Name: DADUSBRN\_7

Categories: Family

Sas Label: Father born in US

Type: Categorical

**Values**

1 In the US

2 Outside the US

**F147 Father US birth region**

Which region?

Variable # 103

Usage Notes: Sub-question of F147 V1 Q22 "Father born in US" (skip pattern rule not applied).

Sas Name: DADUSREG\_7

Categories: Family

Sas Label: Father US birth region

Type: Categorical

**Values**

1 Northeast

2 South

3 Midwest

4 West

**F147 Father international birth region**

Which area?

Variable # 104

Usage Notes: Sub-question of F147 V1 Q22.1 "US birth region" (skip pattern rule not applied).

Sas Name: DADWORLD\_7

Categories: Family

Sas Label: Father international birth region

Type: Categorical

**Values**

1 Canada

2 Europe

3 Eastern Europe

4 Mid East or N. Africa

5 Africa (not N. Africa)

6 Caribbean or W. Indies

7 Mexico

8 Central/S America

9 Cuba

10 Puerto Rico

11 China

12 Japan

13 SE Asia

14 Australia/Oceania

88 Other



**F147 Biological father**

Was this your biological (birth) father?

**Variable #** 105      **Usage Notes:** none  
**Sas Name:** BIRTHDAD\_7  
**Sas Label:** Biological father      **Categories:** Family  
**Type:** Categorical

**Values**

0	No
1	Yes

---

**F147 Current marital status**

What is your current marital status? (Mark the one that best describes you.)

**Variable #** 106      **Usage Notes:** none  
**Sas Name:** MARITAL\_7  
**Sas Label:** Current marital status      **Categories:** Demographic  
**Type:** Categorical

**Values**

1	Never married
2	Divorced or separated
3	Widowed
4	Presently married
5	Living in a marriage like relationship

---

**Recreational phys activity per week**

Computed from Form 147, questions 4, 5, 6, and 7. Total number of episodes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

**Variable #** 107      **Usage Notes:** none  
**Sas Name:** TEPIWK\_7  
**Sas Label:** Recreational phys activity per week      **Categories:** Computed Variables  
**Type:** Continuous      Physical Activity

---

**Recr. phys activity per week >= 20 Min**

Computed from Form 147, questions 4, 4.1, 5, 5.1, 6, 6.1, 7, 7.1 and 7.6. Episodes per week of recreational physical activity of >=20 minutes duration (includes walking, mild, moderate and strenuous physical activity).

**Variable #** 108      **Usage Notes:** none  
**Sas Name:** LEPI TOT\_7  
**Sas Label:** Recr. phys activity per week >= 20 Min      **Categories:** Computed Variables  
**Type:** Continuous      Physical Activity

---



### Mod. to strenuous phys activity per week

Computed from Form 147, questions 6.2, 7.1, and 7.3. Episodes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

**Variable #** 109 **Usage Notes:** none  
**Sas Name:** MSEPIWK\_7 **Categories:** Computed Variables  
**Sas Label:** Mod. to strenuous phys activity per week Physical Activity  
**Type:** Continuous

### Mod-stren activity > 20 min/week

Computed from Form 147, questions 4, 4.1, 4.2, 5.1, 5.2, 5.3 and 5.4. Episodes per week of moderate and strenuous recreational physical activity of >=20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

**Variable #** 110 **Usage Notes:** none  
**Sas Name:** XLMSEPI\_7 **Categories:** Computed Variables  
**Sas Label:** Mod-stren activity > 20 min/week Physical Activity  
**Type:** Continuous

### Mod-stren activity >20 min/week (categ)

Computed from Form 147, questions 4, 4.1, 4.2, 5.1, 5.2, 5.3, and 5.4. Categorical variable of episodes per week of moderate and strenuous recreational physical activity of >= 20 minutes duration (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity). Computed from XLMSEPI and TEPIWK.

**Variable #** 111 **Usage Notes:** none  
**Sas Name:** LMSEPI\_7 **Categories:** Computed Variables  
**Sas Label:** Mod-stren activity >20 min/week (categ) Physical Activity  
**Type:** Categorical

#### Values

1	No activity
2	Some activity of limited duration
3	2 to <4 episodes per week
4	4 episodes per week

### Strenuous activity episodes per week

Computed from Form 147, question 7.1. Episodes per week of strenuous recreational physical activity.

**Variable #** 112 **Usage Notes:** none  
**Sas Name:** SEPIWK\_7 **Categories:** Computed Variables  
**Sas Label:** Strenuous activity episodes per week Physical Activity  
**Type:** Categorical

#### Values

0	0
1	1
2	2
3	3
4	4
6	5 or more



---

### Minutes of recr. phys activity per week

Computed from Form 147, questions 6, 6.1, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total minutes per week of recreational physical activity (includes walking, mild, moderate and strenuous physical activity).

**Variable #** 113 **Usage Notes:** none  
**Sas Name:** TMINWK\_7  
**Sas Label:** Minutes of recr. phys activity per week **Categories:** Computed Variables  
Physical Activity  
**Type:** Continuous

---

### Minutes of mod-stren activity per week

Computed from Form 147, questions 6, 6.2, 7.1, and 7.3. Minutes per week of moderate and strenuous recreational physical activity (includes walking fairly fast or very fast, moderate physical activity and strenuous physical activity).

**Variable #** 114 **Usage Notes:** none  
**Sas Name:** MSMINWK\_7  
**Sas Label:** Minutes of mod-stren activity per week **Categories:** Computed Variables  
Physical Activity  
**Type:** Continuous

---

### Minutes of stren. phys activity per week

Computed from Form 147, questions 7.1 and 7.2. Minutes per week of strenuous recreational physical activity.

**Variable #** 115 **Usage Notes:** none  
**Sas Name:** SMINWK\_7  
**Sas Label:** Minutes of stren. phys activity per week **Categories:** Computed Variables  
Physical Activity  
**Type:** Continuous

---

### Total MET-hours per week

Computed from Form 147, questions 6, 6.1, 6.2, 7.1, 7.2, 7.3, 7.4, 7.5, and 7.6. Total MET-hours per week. Expenditure of energy from recreational physical activity (includes walking, mild, moderate and strenuous physical activity in kcal/week/kg).

**Variable #** 116 **Usage Notes:** none  
**Sas Name:** TEXPWK\_7  
**Sas Label:** Total MET-hours per week **Categories:** Computed Variables  
Physical Activity  
**Type:** Continuous

---

### MET-hours per week from walking

Computed from Form 147, questions 6, 6.1, and 6.2. Expenditure of energy from physical activity from walking in kcal/week/kg (MET-hours per week).

**Variable #** 117 **Usage Notes:** none  
**Sas Name:** WALKEXP\_7  
**Sas Label:** MET-hours per week from walking **Categories:** Computed Variables  
Physical Activity  
**Type:** Continuous

---

**Energy expend from avg walking**

Computed from Form 147, questions 4, 4.1 and 4.2. Energy expenditure from average walking (2-3 mph) in MET-hours per week. If question 6.2 (speed of walking) was marked as *don't know* or was missing, the speed was assumed to be 2-3 mph.

Variable # 118

Usage Notes: none

Sas Name: AVWKEXP\_7

Sas Label: Energy expend from avg walking

Categories: Computed Variables  
Physical ActivityType: Continuous

---

**Energy expend from walking fairly fast**

Computed from Form 147, questions 4, 4.1 and 4.2. Energy expenditure from walking fairly fast (3-4 mph) in MET-hours per week.

Variable # 119

Usage Notes: none

Sas Name: FFWKEXP\_7

Sas Label: Energy expend fr walking fairly fast

Categories: Computed Variables  
Physical ActivityType: Continuous

---

**Energy expend from walking very fast**

Computed from Form 147, questions 4, 4.1, and 4.2. Energy expenditure from walking very fast (> 4 mph) in MET-hours per week.

Variable # 120

Usage Notes: none

Sas Name: VFWKEXP\_7

Sas Label: Energy expend from walking very fast

Categories: Computed Variables  
Physical ActivityType: Continuous

---

**Energy expenditure from hard exercise**

Computed from Form 147, questions 5.1 and 5.2. Energy expenditure from strenuous or very hard exercise (for example, aerobics, aerobic dancing, jogging, tennis, swimming laps) in MET-hours per week.

Variable # 121

Usage Notes: none

Sas Name: HARDEXP\_7

Sas Label: Energy expenditure from hard exercise

Categories: Computed Variables  
Physical ActivityType: Continuous

---

**Energy expenditure from mod. exercise**

Computed from Form 147, questions 5.3 and 5.4. Energy expenditure from moderate exercise (for example, biking outdoors, using an exercise machine, calisthenics, easy swimming, popular or folk dancing) in MET-hours per week.

Variable # 122

Usage Notes: none

Sas Name: MODEXP\_7

Sas Label: Energy expend from moderate exercise

Categories: Computed Variables  
Physical ActivityType: Continuous

---



**Energy expenditure from mild exercise**

Computed from Form 147, questions 5.5 and 5.6. Energy expenditure from mild exercise (for example, slow dancing, bowling, golf) in MET-hours per week.

**Variable #** 123

**Usage Notes:** none

**Sas Name:** MILDEXP\_7

**Categories:** Computed Variables  
Physical Activity

**Sas Label:** Energy expenditure from mild exercise

**Type:** Continuous

**Estrogen use last year**

**Variable #** 124

**Usage Notes:** none

**Sas Name:** EST\_7

**Categories:** Computed Variables  
Reproductive: Hormones

**Sas Label:** Estrogen use last year

**Type:** Categorical

**Values**

0 No

1 Yes

**Progesterone use last year**

**Variable #** 125

**Usage Notes:** none

**Sas Name:** PRG\_7

**Categories:** Computed Variables  
Reproductive: Hormones

**Sas Label:** Progesterone use last year

**Type:** Categorical

**Values**

0 No

1 Yes

**Hormone use last year (estrog. or progest.)**

**Variable #** 126

**Usage Notes:** none

**Sas Name:** HRT\_7

**Categories:** Computed Variables  
Reproductive: Hormones

**Sas Label:** Hormone use last year (estrogen or progesterone)

**Type:** Categorical

**Values**

0 No

1 Yes